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TAKING CARE OF OURSELVES AND OTHERS

| A COVID-19 GUIDE FOR
| YOUTH AND FAMILIES

Welcome

COVID-19 has become a part of all of our lives and changed the way we interact with one another and move through our daily routines.

This guide was put together by a team of Multnomah County students, parents, and public health communicators to provide COVID-19 guidance and resources to support you and your family as we continue to navigate this pandemic.

For more information, check out our COVID-19 website at multco.us/covid19. Information is available in multiple languages.

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What is COVID-19?

COVID-19 stands for **CO**rona**VI**rus **D**isease 2019. COVID-19 spreads easily from person to person and can be deadly.

What are the symptoms of COVID-19?

Children and teens may show any of the symptoms of COVID-19:

- Fever (temperature 100.4°F or higher) or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat, congestion, or runny nose
- Diarrhea
- Nausea or vomiting
- Stomachache
- Tiredness
- Muscle or body aches, headache
- New loss of taste or smell
- Poor appetite or poor feeding, especially in babies under 1 year old



Children and teens, like adults, experience COVID-19 differently. Some people who get COVID-19 don't have any symptoms. Others only experience a few minor symptoms and can recover at home. In some cases, people have serious symptoms and need to go to the hospital. Some people die from COVID-19.

Some children and teens with COVID-19 develop a condition called **Multisystem Inflammatory Syndrome (MIS-C)**. While the condition is rare, it can be very serious. Contact your clinic or doctor right away if you or someone you know is showing any symptoms of MIS-C:

- Fever
- Abdominal pain
- Vomiting
- Diarrhea
- Neck pain
- Rash
- Bloodshot eyes
- Feeling extra tired

MIS-C is a treatable condition and most children recover fully from this illness.

If you think you have symptoms of COVID-19 or MIS-C, it's important to tell your parent/caregiver and your doctor right away. Don't ignore or hide symptoms. COVID-19 symptoms may appear 2-14 days after being in **close contact** with someone who has COVID-19. **Close contact** means spending at least 15 minutes or more over the course of a day within 6 feet of someone, with or without a mask. MIS-C symptoms appear between two and six weeks (four weeks on average) after COVID-19 infection. Most children with MIS-C have tested positive for COVID-19.

Scientists and doctors are actively studying the virus that causes COVID-19 and learning more every day.

When to seek emergency medical attention

Seek emergency medical care right away if you or someone of any age is showing any of these emergency warning signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Severe abdominal pain

Call 911 or call ahead to your local emergency facility. Tell the operator you or the person needing help may have COVID-19.

How does COVID-19 spread?

The virus spreads through small droplets when someone who has COVID-19 sneezes, coughs, sings, or talks.

- Droplets containing the virus can land in your eyes, nose, or mouth.
- Small particles from the droplets can stay in the air, especially indoors, and you can inhale them into your lungs.
- Droplets can land on surfaces like phones, doorknobs, floors, or countertops. If you touch these and then touch your eyes, nose, or mouth without washing your hands, you can get sick.

Who's most at risk to get very sick?

Just like adults, children and teens with underlying health conditions, such as asthma, diabetes, or heart or lung disease, are at higher risk of getting very sick.

Black, Indigenous, and People of Color communities are also at higher risk of getting very sick due to the effects of racism.

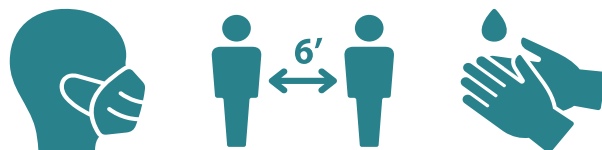
Other Variants

- It's normal for viruses to change and create variants
- All variants of the virus that causes COVID-19 are being tracked in the U.S. and globally
- Variants can be 2-3 times more contagious than the original virus and spread quickly
- People who are not vaccinated are most at risk of getting seriously ill or needing to be hospitalized
- Vaccines are safe and effective against all variants of COVID-19

Is there a cure for COVID-19?

Currently there is no cure, but **a vaccine has been authorized and is available for people ages 5 years and older.** Researchers are testing a vaccine for children younger than 5.

Learn more about the COVID-19 vaccine in the [Prevention](#) section. Until you are fully vaccinated, the best way to protect yourself in the meantime is to continue to take COVID-19 precautions.



ADOLESCENTS AND THE COVID-19 VACCINE

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The Pfizer (or Pfizer BioNTech) COVID-19 vaccine is the only vaccine authorized for use by people under the age of 18. If you're under 18, look for an appointment at a location that has access to the Pfizer vaccine. 12-14-year-olds: work with your parent or guardian to get the vaccine. A smaller dose of the Pfizer vaccine is authorized for children ages 5-11. Children and youth ages 5-14 should talk with a parent or guardian about getting the vaccine.

Why should I get vaccinated if I am 5 to 17 years old?

Although older people are considered to be more at risk of getting very sick from COVID-19, since January 2021, the number of new cases and hospitalizations in Oregonians aged 10 to 19 is growing. Vaccines lower your chances of getting severe COVID-19, and they lower the chances of passing the virus to your loved ones.

Another reason to get a COVID-19 vaccine is to protect the health of the community. Each person infected with the coronavirus provides a chance for the virus to change or 'mutate' and create a variant that might prove more dangerous or resistant to the available vaccines and therapies. Fewer overall infections in the community means less chance of dangerous coronavirus variants.



Do I need a parent or guardian to come with me when I get the vaccine?

We encourage you to involve a parent or other trusted adult in your health care; however, at age 15+ you can make the decision yourself to get a vaccine.

- » **15-17 year-olds** do not need to be accompanied, and do not require parental consent in the State of Oregon.
- » **5-14 year-olds** must be accompanied by a parent, guardian or someone designated by the parent.
 - If someone other than a parent or guardian accompanies the 5-14 year old, they will need to provide proof of parental/guardian consent. Ask the vaccine provider or check their website before you go to find out what they will accept as parental consent.
 - If you are attending one of Multnomah County's Vaccine Clinics, use this form: multco.us/covidparentalconsent

What should I do if my parents or guardians don't support me getting the vaccine?

Multnomah County Health Department staff encourage youth to talk with a parent, guardian, or other trusted adult when seeking medical services.

Youth who are 15 years or older are able to consent on their own to medical and dental services without parental permission. This includes immunizations.

Many young people are eager to help protect their families and communities from COVID by getting vaccinated themselves.

What are the side effects?

Many people develop some soreness in the arm where they got the vaccine. Tiredness and headache are also common. Less common are muscle aches, chills, joint pain, vomiting, or fever. These side effects mostly go away after a day or two. If they do not go away, call your doctor. If you don't have a doctor, call 211.



Soreness at the injection site



Tiredness



Headache

Is the vaccine safe for teens?

Yes, the Pfizer vaccine is safe and effective. It was tested in thousands of study participants and produced enough data to convince the FDA to authorize it for emergency use. Tell your vaccine provider if you've ever had a severe allergic reaction to any vaccine in the past. Talk to your doctor about getting a vaccine if you are pregnant or breastfeeding. Watch for any changes in your health and call your provider if you are unwell (especially chest pain, ongoing fatigue, trouble breathing). If you have a reaction following a vaccination tell your healthcare provider and report an Adverse Event using the VAERS online form vaers.hhs.gov/reportevent.html. Parents and guardians can also enroll adolescents in v-safe bit.ly/34bXT3v and complete health check-ins on their behalf after COVID-19 vaccination.

Do I need to get both doses?

Yes. Pfizer is a two-dose vaccine. Some people are eligible for a booster dose a few months after their second shot and some people are eligible for additional doses based on age and health condition. Make sure you have all the shots you are eligible for.

Does the vaccine cost money?



No. The COVID-19 vaccine is free.

The vaccines will be provided at no cost to you. You do not need health insurance. If you have health insurance, vaccine providers may charge your insurance company an administration fee for giving you the vaccine. This means that you might be asked for your insurance information when you get your vaccine. But you don't need to provide your insurance card to be vaccinated.

Can I get vaccinated at a Multnomah County school?

Yes. Youth ages 5-19 can get vaccinated at any of the nine Multnomah County Student Health Centers. See page 10 for Student Health Center addresses and phone numbers.

Can I schedule my own COVID-19 vaccine appointment?

Yes, check with your medical office if you have one. There are also many vaccine events hosted by community organizations and by Multnomah County on different days and different locations. Call 211 (or text ORVAX to 898211) to find out what is currently available. Also, visit OHA's webpage <https://govstatus.egov.com/find-covid-19-vaccine> or the CDC's website vaccines.gov.

What do I need to know before I show up for my appointment?

Proof of eligibility or identification is not required, but you might want to bring your student ID just in case. However, you will not be denied a vaccination if you don't have identification with you.

Discrimination, stigma, and COVID-19

Let's support one another and share facts, not fear or hate

- Remember that race, ethnicity, and association with a country or region do not make someone more likely to spread COVID-19.
- Use science-based, inclusive terms when talking about the virus, like COVID-19, COVID, novel coronavirus, or corona.
- If you share information, make sure it is verified by credible public health sources.
- Remember COVID-19 spreads easily and is widespread throughout our community. If you or someone you know gets COVID-19, be kind and compassionate. Don't shame yourself or anyone else.

Report discrimination

A hate and bias incident is any discrimination act that may be motivated by another person's race, color, disability, religion, national origin, sexual orientation or gender identity. If you experience or witness an act of discrimination, we urge you to report the incident to the [Oregon Department of Justice](#) online or by calling 1-844-924-2427. The act does not need to be against the law to be reported.

Get support if you have experienced discrimination, check out the [Resources](#) section in this guide.

Help stop discrimination and create racial justice







- Reach out to groups or organizations working for racial justice in your school or community.
- Contribute in other ways, like writing letters to your legislators, organizing virtual forums and donating to or fundraising for causes.
- Educate yourself about racism and have conversations with family and friends about what we can do to stop racism.



Quarantine and Isolation Guidance for Students

If you were exposed to someone with COVID-19. **QUARANTINE**

Exposed means spending at least 15 minutes or more within 6 feet of someone over the course of a day, with or without a mask.

IF YOU	WHAT TO DO
<p><i>Are up-to-date on vaccines</i></p> <p>You have had all vaccine doses (including boosters) that you are eligible for - see other side.</p>	<div> + </div> <p>No home quarantine is required.</p> <ol style="list-style-type: none">1. Wear a well-fitting mask around others for 10 days after exposure.2. Get tested around day 5, if possible.
<p><i>Are not up-to-date on vaccines</i></p> <p>You have not had all vaccine doses (including boosters) that you are eligible for - see other side.</p>	<div> +  + </div> <p>Quarantine.</p> <ol style="list-style-type: none">1. Stay home for 5 days after exposure.2. After that, continue to wear a well-fitting mask for 5 more days.3. Get tested on day 5, if possible.
<p>Had a positive COVID-19 test in the last 90 days and have recovered, with no current symptoms</p>	<div></div> <p>No home quarantine is required.</p> <ol style="list-style-type: none">1. Wear a well-fitting mask around others for 10 days after exposure2. You do not need to get tested again. Your test result could still be positive from your last infection.





What does “up-to-date” mean?

You have received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

WHO	YOU ARE UP-TO-DATE IF YOU
18 years or older	<ul style="list-style-type: none"> ✓ Were vaccinated AND had your booster shot, OR ✓ Completed the primary series of Pfizer or Moderna vaccine more than 2 weeks and less than 5 months ago, OR ✓ Received the J&J vaccine more than 2 weeks and less than 2 months ago.
5 to 17 years old	<ul style="list-style-type: none"> ✓ Completed your primary series (dose 1 & 2) of Pfizer vaccine more than 2 weeks ago.

If you are unvaccinated, are only partially vaccinated, or if you are eligible for a booster but haven't gotten it yet, you are **NOT** up-to-date.

If you are sick or test positive for COVID-19. **ISOLATE**

WHO	WHAT SHOULD I DO?
Everyone - Vaccinated and unvaccinated	<div>   </div> <ol style="list-style-type: none"> 1. Stay home and away from others for at least 5 days, even if you have no symptoms. 2. After 5 days, you can leave home if you have had no fever for at least 24 hours without fever-reducing medicines and have only mild symptoms that are improving. 3. Continue to carefully mask around others for 5 more days.

COVID-19 Testing

Test to Stay

If you were exposed at school, you may be eligible for the Test to Stay program. Consult with your school administration to learn more.

Where can I get tested for COVID-19?

Multnomah County Student Health Centers. All Multnomah County youth (ages 5-19) are welcome with or without insurance, no matter where you go to school. You can get COVID-19 testing, a COVID-19 vaccine, health care, and counseling. COVID-19 testing and vaccines are FREE. Call for an appointment or visit [Multnomah County Student Health Centers](#) for more information.

- David Douglas | **503-988-3554** | SE Portland
- Parkrose | **503-988-3392** | NE Portland
- Reynolds | **503-988-3340** | Troutdale
- Roosevelt | **503-988-3909** | N Portland
- Franklin | **503-988-3370** | SE Portland
- McDaniel | **503-988-3382** | NE Portland
- Centennial | **503-988-5488** | SE Portland
- Cleveland | **503-988-3350** | SE Portland
- Jefferson | **503-988-3360** | N Portland

Your Doctor's Office or Clinic. If you have a regular care provider, contact your doctor's office or clinic.

If you don't have a doctor, call 211 or Multnomah County Primary Care Health Centers: 503-988-5558. You can get health care even if you don't have insurance. Information is available in multiple languages.

Multnomah County Community Testing. You do not need to be a Multnomah County patient to get tested and there are no costs. Call 503-988-8939 for an appointment or visit multco.us/covid19 for locations and more information.

OHSU Testing Sites. Call 833-647-8222 or visit [COVID-19 Resources of Oregon](#) for locations and more information.

Can I get testing and healthcare if I'm not a resident of the United States?

- You can get testing and healthcare at Multnomah County clinics and other community clinics.
- If you get medical treatment or services for COVID-19, it will not count against you when you apply for permanent residency in the United States. Visit [US Citizenship and Immigration Services](#) for more.
- Healthcare providers must protect your personal information. They won't share it with local or federal government agencies that enforce immigration laws.
- If you have concerns about your legal status and how it may be impacted by receiving COVID-19 testing or treatment, reach out to [Legal Aid Services of Oregon](#) or call 1-800-228-6958.



If you test positive for COVID-19

Tell your close contacts right away

The sooner you let your contacts know, the sooner they can take action to stop the spread. Close contacts should refer to quarantine chart on page 8 to determine if they need to quarantine.

Who should you contact?

- If you **have symptoms**: contact the people you were in close contact with starting from 2 days before your symptoms began until now.
- If you **do not have symptoms**: contact the people you were in close contact with starting from 2 days before you took your COVID-19 test until now.

Get the resources you need to stay home

- Call 2-1-1 if you need support for isolation or quarantine. 2-1-1 will connect you to organizations that can help with resources you may need (groceries, financial support, help with rent, other essentials).
- A public health worker may call you. They can also help you contact people you were around if you need help. This is called **contact tracing**.

How to take care of someone in your house who has COVID-19

- Create a separate space for the person to rest and recover. If this is not possible where you live, call 211 to ask about other options.
- If possible, offer the sick person their own bathroom.
- If there's only one bathroom, make sure it gets cleaned each time after the sick person uses it.
- Don't share towels, bedding, food, face coverings, or utensils.
- Choose one healthy person in the household to care for the sick person.
- Wear a face covering when providing care.
- If possible, the sick person should also wear a face covering, to protect others they live with.



Prevention

Things to do to help stop the spread of COVID-19 and keep each other safe

COVID-19 Vaccination: the best protection

The best way to protect yourself and others and to prevent serious illness due to COVID-19 is to get vaccinated.

COVID-19 vaccines are highly effective at reducing the risk of serious illness, hospitalization, and death from COVID-19. The vaccines are free and widely available.

Who can get a COVID-19 vaccine? COVID-19 vaccines are now widely available for people ages 5 years and older. Pfizer is the only vaccine of the three that is approved for children under 18 at this time. You must be 18 or older to get a Moderna or J&J vaccine.



Where Can I Get a COVID-19 Vaccine? You can make an appointment at your doctor's office or clinic. If you have a regular care provider, contact your doctor's office or clinic.

- **If you don't have a doctor, call 211 or visit getvaccinatedoregon.gov to find a vaccination site near you.** You can get health care even if you don't have insurance. Information is available in multiple languages.
- **School Health Center.** See testing section for phone numbers.
- **Pharmacy.** Call your local pharmacy or visit vaccines.gov to find a pharmacy near you. Not all pharmacies are offering vaccines for 5-11.
- If you are 14 or younger, you will need a parent or guardian's consent and an adult must be with you at all times during the vaccine process.

COVID-19 Vaccines. There are three vaccines that are FDA approved or authorized in the United States to prevent COVID. All currently approved or authorized COVID-19 vaccines are safe and effective and reduce your risk of severe illness.

- Pfizer BioNTech requires 2 doses, given 3 weeks (21 days) apart. You are eligible for a booster dose 5 months after completing your primary COVID-19 vaccination series. Pfizer is an mRNA vaccine.
- Moderna requires 2 doses, given 4 weeks (28 days) apart. Must be 18 to receive Moderna. You are eligible for a booster dose 5 months after completing your primary COVID-19 vaccination series. Moderna is an mRNA vaccine.
- Johnson & Johnson's Janssen requires 1 dose. You are eligible for a booster dose 2 months after receiving your J&J/Janssen COVID-19 vaccination.

What is mRNA and how does it work? The Moderna and Pfizer vaccines are mRNA vaccines. They contain messenger RNA (mRNA). mRNA is like an instruction manual. It teaches your body how to make a harmless protein that looks like a protein on this coronavirus. Your body responds to the protein and creates disease-fighting cells and antibodies that can recognize and fight this coronavirus.

Breakthrough Cases

- COVID-19 vaccines are effective at preventing infection, serious illness, and death. However, since vaccines are not 100% effective at preventing infection, some people who are fully vaccinated will still get COVID-19. An infection of a fully vaccinated person is referred to as a “vaccine breakthrough infection”.
- Fully vaccinated people with a vaccine breakthrough infection are less likely to develop serious illness than those who are unvaccinated and get COVID-19 but they may still develop less severe symptoms.
- People who get vaccine breakthrough infections can be contagious. Some people may choose to be extra careful to avoid breakthrough cases in order to protect the people in their household who are older or unable to get vaccinated for health reasons.

Other preventative measures

Even if you’re vaccinated, and **particularly if you are not vaccinated**, continue to take care of your health and the health of your family and friends by following the basic preventative measures.

Wear a mask. Make sure it covers both your nose and mouth and fits snugly over your face.

- Everyone over age 2 should wear a mask when going out or any time you’re around someone you don’t live with. People with a disability or medical condition may request a reasonable accommodation from a business if they are unable to wear a mask.
- Help protect service workers by wearing your mask, for example at a drive-through or gas station.
- Stick to your own mask: don’t touch or wear other people’s masks.

Stay home if you don’t feel well. Even if you have mild symptoms or just feel generally unwell, it is important to stay home so that others do not get exposed. Stay home also if you:

- Are waiting for COVID-19 test results, or
- Are not fully vaccinated and have been exposed to someone with COVID-19 in the last 14 days.

Wash your hands for 20 seconds with soap and water, especially after sneezing, coughing, being in public places, using the bathroom, and before and after eating.

- If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Regularly clean and disinfect frequently touched surfaces, like phones, doorknobs, and handles.

Watch your distance. Limit close contact with people you don’t live with and distance yourself by at least 6 feet inside or outdoors—even when you have your mask on!

Other tips:

- Sneeze or cough into a tissue (or into your elbow if you don’t have a tissue). Throw the tissue in the trash. Then wash your hands.
- Keep your hands away from your face, eyes, mouth, and nose.
- Go to your doctor or clinic for regular appointments, like physicals, vaccinations, and dental cleanings.

If you have a job away from home:

- **Change your clothes and shoes** when you arrive home and wash your hands for at least 20 seconds.
- **Consider wearing a mask at home** if you live with someone who is at high risk of getting very sick from COVID-19.

How to gather safely

Last year gatherings looked very different from what we were used to. This year we can have safer gatherings with our friends and family *if we take precautions to prevent the spread of COVID-19.*

We still need to be careful. COVID-19 is still in our community. Hospitals are nearly full and have limited staff. We have seen some spread of COVID-19 in our schools, in after-school activities, and in other places where community gathers. You can help keep schools open and support hospitals by gathering responsibly. It will take all of us to stop the spread of COVID-19.

Gather outside if possible and do the following:

Remind everyone to stay home when they:

- Are sick or have any symptoms of illness,
- Are waiting for COVID-19 test results, or
- Have been around someone with COVID-19 in the last 14 days.
- Ask all guests to be fully vaccinated if possible
- Remind people that it is safest for adults and children who are not vaccinated to stay home.
- Remind people to stay at least six feet apart. Limit the size of the gathering to make sure six feet of space between people is possible.



If you gather indoors:

- Everyone should wear a mask, whether they are vaccinated or not.
- Limit the size of the gathering.
- Open windows and doors to increase airflow.

Dealing with peer pressure from friends

You may feel pressure from friends to socialize in a way that feels unsafe, especially now that many of us are vaccinated. Someone might suggest you don't need to wear your mask or physically distance. You need to know how to keep yourself safe in these moments. Although it can feel awkward to bring it up, it's important to talk about safety with friends. When talking, don't shame anyone. Instead, bring their awareness to the issue.

Here are some tips for talking with friends:

- Try not to speak with an accusatory tone.
- Explain what a breakthrough case is (see breakthrough cases under [Prevention](#)) to your friend and that you choose to be extra careful in order to protect the people in your household.
- Let them know why you would feel safer with them physically distancing themselves and wearing a mask even if you are vaccinated, for example: "I see my grandma and I don't want to get her sick." Or "my younger siblings are not eligible for vaccination and I do not want to get them sick."
- It's okay to say straight up that you don't feel safe, and you'd like to have masks and physical distance.
- Put yourself first. Don't be afraid to say no to seeing someone if you feel uncomfortable.
- Prepare yourself and know how you'll respond if you don't feel heard. Make sure to stay safe and consider checking in with a supportive friend after the conversation.

If your friend wants more information about COVID-19, you can share credible resources with them. See the [Resources](#) section.

What if the people you live with aren't taking COVID-19 precautions?

You can't control others, but you have every right to protect yourself. Don't try to force them to see things your way. Focus on protecting yourself instead.

Here are some things you can do:

- Take extra precautions at home. Get vaccinated if you can, wear your mask, wash your hands often, and wipe down frequently touched surfaces often.
- Find a friend or adult who shares your COVID-19 concerns. Talk with someone who cares about you and will listen.
- Start a conversation about what you need ([see examples below](#)).

This situation might be challenging, but you will get through it. Remember that you have gotten through difficult times in the past.

"I've noticed you aren't wearing your mask when you are around people that aren't in our household/group and that makes me feel unsafe."

Talk about who exactly is in the social group, and how many people you're comfortable including in it. Ask: "Do we include close friends in our group? What about extended family?"

"I'm not comfortable with having our group this big. I think it should be just the close family and close friends."

- It can be helpful to **set boundaries**—"my parents won't let me without distancing"—can help in disagreements with friends. Make sure to discuss these boundaries and allow for input.





Tips for parents/caregivers: Supporting youth experiencing peer pressure

Having a conversation with your children about peer pressure and your expectations can help them navigate uncomfortable and potentially unsafe situations. Your child's friends and even other family members may choose not to wear face coverings and maintain physical distance. This may cause them to be confused about this situation and seek your comfort or advice.

Here are a few ways you can support children and empower them to make safe choices:

- **Listen** to and **acknowledge** their concerns without trying to push your own agenda.
- **Ask them what they need** from you to get through this safely.
- If needed, have some official **resources and information on hand** to share with them or point them to online sources.
- Remind them of past situations where they have exhibited **strengths** and figured out, along the way, how to survive.
- Let them know it's **okay to ask adults for advice** and to rely on other friends who will support their decision to wear a mask.
- **Remind them to pay attention to how they feel:** if something doesn't feel right about a situation, it probably isn't.
- Plan how to **protect the most vulnerable people** in your household if you live with an elderly person or someone with a pre-existing condition.

If your child lives in more than one household

Some kids spend part of each week in different households. One parent or caregiver may have different ideas about COVID-19 precautions than the other.

Here are some tips for navigating multi-household living when not everyone is on the same page:

- **Increase communication.** Talk about your concerns and try to find ways to work together.
- **Adjust visitation schedules if needed.**
- **Shield your child from conflict** as much as possible.

Taking care of your mental and physical health

- Give yourself extra care and attention during this tough time. Our world and day-to-day lives have changed dramatically, and that can be hard. You might feel okay one day, but really sad, scared, or angry the next.
- Human beings are resilient. You are stronger and more capable than you know. If you think about past challenges you have overcome, you'll remember your strengths and what's helped you before.
- Seek support if you are overwhelmed or unsafe. See the [Resources](#) section for crisis lines and counseling information.
- See the following boxes for things you can do each day to take care of yourself.

Mental Health

COVID Fatigue

Tired of wearing masks and social distancing? Tired of being cooped up or unable to participate in some of your favorite activities? You're not alone, and what you may be experiencing has a name: COVID fatigue. The World Health Organization defines it as "demotivation to follow recommended protective behaviors". Pandemic fatigue is a natural response to a prolonged public health crisis – especially one that has called for the implementation of drastic measures with unprecedented impacts on the daily lives of everyone, including those who have not been directly affected by the virus itself.

If you are fully vaccinated, it can seem particularly frustrating not to be able to do all the things you used to before the pandemic. However, it is still important to follow public health recommendations in order to protect those around us who are at higher risk of getting COVID-19 because of their age or health, and to protect people who are not able to get vaccinated for health reasons. We have to stay diligent to keep others safe from COVID-19.

It's important to know that this will not last forever. You will be able to take off your masks and enjoy more activities as soon as it is considered safe for all.

- When you feel stressed or just need a moment, **pause and take deep breaths**. You might also try meditation, yoga, or thinking about something you are grateful for.
- **Be kind to yourself**. Remind yourself: "I am doing the best I can."
- **Take breaks from upsetting content**, including the news and social media.
- **Take regular breaks from screens**.
- Some people need to be alone once in a while to recharge. **Take some alone time** when you need it.
- **Reach out for support** if you are turning to alcohol and drugs to make you feel better.
- **Connect with others**. Talk with people you trust about how you are feeling.
- **Connect with your community and faith organizations**. Many are having virtual meetings right now.

Physical health

- **Have a regular schedule** of when you wake up, get dressed, eat, study, play, get outside, and go to bed. Routines can help us to feel better when life is uncertain.
- **Eat regular meals and snacks**, with a mix of protein, veggies, whole grains, and fruit.
- **Drink water throughout the day.**
- **Move your body regularly**, whether that's exercising, stretching, going for a walk, dancing to music, or another favorite activity. Try taking a new class online!
- **Get plenty of sleep**, 8-10 hours. Take naps if you cannot get enough sleep during the night or feel tired.
- Make time to **relax and play**. Do some activities you enjoy.
- **Limit caffeine** (energy drinks, coffee, black tea, chocolate). Don't have caffeine too close to bedtime.

Coping with loss and grief

You may be experiencing loss and grief—be gentle with yourself. The loss of a loved one, family member, friend, job, home, or even way of life can be a source of grief and sometimes trauma. The COVID-19 pandemic might also be reminding you of loss or something scary in the past, bringing all kinds of different emotions.

Everyone experiences grief differently. You might feel intense sadness, anxiety, fear, rage, hopelessness, or another emotion. It may be hard to feel anything at all. You may find it hard to sleep or you might want to sleep all the time. You may not feel hungry or you may feel hungrier than usual.

Take care of yourself and know that it is also okay to feel better over time. We all experience healing at our own pace.

As you grieve, it's important to:

- Try not to judge yourself or others for what they are feeling, or how long it takes to feel better.
- Pay attention to your feelings.
- Allow yourself to cry.
- Use phone calls, text messages, video chats and social media to stay in touch with family and friends who are positive and supportive.
- Reach out for support. See the following [Resources](#).



Helping kids cope: Tips for parents and caregivers

You may notice some changes in behavior if your child is struggling:

- Personality changes. Examples: A quiet and caring child may become noisy and lash out. An outgoing child may become shy and afraid.
- Emotional outbursts and expressions of anger.
- Nightmares or fear of sleeping alone or with the light off.
- Clinginess and crying and whining more than usual.
- Reverting to younger behavior, such as bedwetting and thumb sucking.

There are things you can do to help your child:

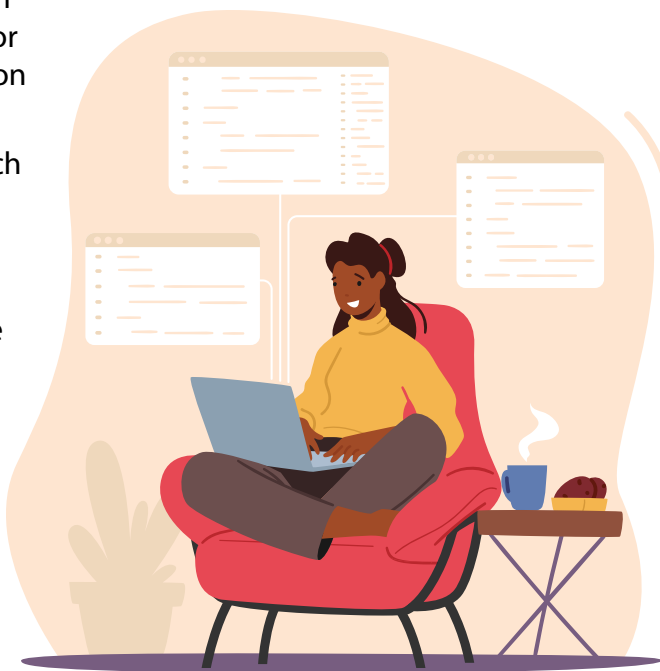
- **Stay calm.** Provide reassurance through calm words and actions.
- **Explain the facts.** Don't lie about the situation; provide simple but truthful information about what's happening and how to stay safe. When they ask questions, make sure they understand your answers. Don't give more information than they can use or understand.
- **Reassure them.** Tell them they are safe, they won't be abandoned, and you are there to protect them.
- **Talk with them about their concerns and fears.** Allow them time to figure out how they feel about what's happening. Be careful not to express judgment about their feelings. Remind them that it's okay to be afraid. They don't need to be brave or tough. It's okay to cry.
- **Stick to routines.** Meals, activities, naps, etc. should be as "regular" as possible.
- **Minimize media exposure.** News coverage (or social media) about the pandemic can increase their anxiety.
- **Let them express their feelings through art and music.** Encourage them to draw, paint, sing, play instruments, or tell stories. Encourage them to end their story with, "But we know how to stay safe."
- **Give lots of hugs, smiles, and kind words.** Be supportive of their need to be close.
- **Bend the rules.** Allow them to have nighttime comfort items, such as stuffed animals and nightlights.
- **Make sure they know they're not responsible** for what is happening.
- **Include them in recovery efforts.** Give them tasks they can safely accomplish to empower them and help them see that everything is going to be alright.
- **Give them control.** While many things will be out of their control, point out those things they are still in control of. Allow them control over simple things such as what to wear, what to eat, and where to sleep.
- **Don't shame them.** Let them know it's not their fault if they revert to old behaviors (bedwetting, thumb sucking) again; they are coping with scary changes.

Prepare for COVID-19: Make a plan!

Another way to help reduce stress and anxiety is by planning ahead. If you or someone in your home gets sick, it can be a very scary and confusing time. Knowing ahead of time what you'll do if or when the time comes is both smart and empowering.

Make a plan for how you and your household will get care if you get sick.

- ☐ Write down the name and phone number of your doctor or clinic
- ☐ List any ongoing health problems like asthma or diabetes for each person in your home
- ☐ List all medications each person should take
- ☐ Identify who will take care of children, pets, or others in your home who need supervision or care in case someone gets sick
- ☐ Talk to friends and neighbors about helping each other out with things like grocery shopping, errands, or pet care
- ☐ Be sure to have enough medications, food, and other supplies in case you need to stay home for a few weeks while sick or if you need to quarantine. Check with your pharmacy about mail order services
- ☐ Share your plan with everyone you live with



Resources

Stay informed

We're learning more about COVID-19 every day, but there's still a lot we don't know. Information is updated frequently. Remember: not everything you read online is accurate. Here are some reliable websites for the most up-to-date information (available in multiple languages):

- Multnomah County: multco.us/covid19
- Oregon Health Authority (OHA): govstatus.egov.com
- Centers for Disease Control (CDC): cdc.gov

Quick tips for telling truth from fiction online

When we read a story online it is often missing or lacking the overall context. For this reason, you need to follow the SIFT Framework.

- **Stop.**
- **Investigate** the source.
- **Find** Better Coverage.
- **Trace** the claims, quotes and media back to their original context.

Additionally, be cautious and critical of emotionally-charged language and recognize when you are in a filter bubble or echo chamber. By using these quick and effective tools, we can improve our media literacy and more effectively determine who is behind the information, where the evidence comes from and if it is presented in the proper context.

Reach out for support

You can reach out for mental health or grief support at any time. Whether you are struggling, don't feel like yourself, or just want to talk to someone, we're here for you.

At your school

[Multnomah County Student Health Centers](#) offer health care and mental health counseling to all Multnomah County youth ages 5-18 with or without insurance. Any Multnomah County youth can access care at any center. See flyer on page 23.

Call your school district for more information about student counseling services, food, resources if you are experiencing homelessness, technology, and more:

- **Centennial School District** | 503-760-7990 | csd28j.org
- **Corbett School District** | 503-261-4200 | corbett.k12.or.us
- **David Douglas School District** | 503-252-2900 | ddouglas.k12.or.us
- **Gresham-Barlow School District** | 503-261-4550 | gresham.k12.or.us
- **Parkrose School District** | 503-408-2100 | parkrose.k12.or.us
- **Portland Public Schools** | 503-916-2000 | pps.net
- **Reynolds School District** | 503-661-7200 | reynolds.k12.or.us
- **Riverdale School District** | 503-262-4840 | riverdaleschool.com
- **Private schools or homeschool:** Contact your school directly.

Mental health crisis lines

- **Multnomah County Mental Health Call Center** | 503-988-4888, toll-free 800-716-9769 - Free 24/7 support, with interpreters available. multco.us/behavioral-health/mental-health-crisis-intervention
- **National Suicide Prevention Lifeline** | 1-800-273-TALK (8255) or text '273TALK' to 839863. En español: 888-628-9454. TTY: 800-799-4TTY (4889). suicidepreventionlifeline.org
- **Oregon Youthline** | Text teen2teen to 839863 or call 877-968-8491 between 4pm - 10pm to talk to another teen. Or talk to an adult 24/7. oregonyouthline.org
- **National Youth Crisis Hotline** | 1-800-442-HOPE (4673)
- **Oregon Partnership 24 Hour Youth Helpline** | 1-877-553-TEEN (8336)
- **The Trevor Project** | 1-866-488-7386 - 24/7 suicide prevention for LGBTQ people. thetrevorproject.org
- **Trans Lifeline Hotline** | 877-565-8860 - For Trans and questioning people in crisis or in need to talk to someone, Spanish speakers available. translifeline.org/hotline
- **Crisis Text Line** | Provides free, 24/7, high-quality text-based mental health support and crisis intervention. Text HOME to 741741 to connect with a Crisis Counselor. crisistextline.org

Additional Resources for Youth and Families

- Resources to **support student learners**: multco.us/supportingstudents. Information available in multiple languages. See the flyer on the next page.
- **Culturally-specific behavioral health resources**: multco.us/novel-coronavirus-covid-19/culturally-specific-behavioral-health-resources
- **General resources in Multnomah County**: multco.us/novel-coronavirus-covid-19/community-resources
- **Call 2-1-1** for information about food, rent and utilities assistance, childcare, connecting with community-based organizations, and more. Or text your zip code to 898211 (TXT211). Hours: M-F, 8am-6pm. Interpreters are available. 211info.org

Opportunities to get involved

Multnomah Youth Commission (MYC)

- [MYC](#) is the official youth policy body for the City of Portland and Multnomah County.
- To get involved, email andrea.marquez@portlandoregon.gov or erika.molina-rodriguez@multco.us

Portland Student Community Response

- A student-led group that acknowledges local issues and provides resources and a support system for student activism and innovation that connects students to organizations needing help during the pandemic. Learn more at pspandemicresponse.com.

Volunteer with Multnomah County's COVID response or donate supplies

- multco.us/novel-coronavirus-covid-19/donate-volunteer-slow-spread-covid-19



MULTNOMAH COUNTY student HEALTH CENTER

ABOUT US



Student Health Centers are like having a doctor's office at school.



We're here to keep you healthy so that you can focus on thriving in school and beyond.



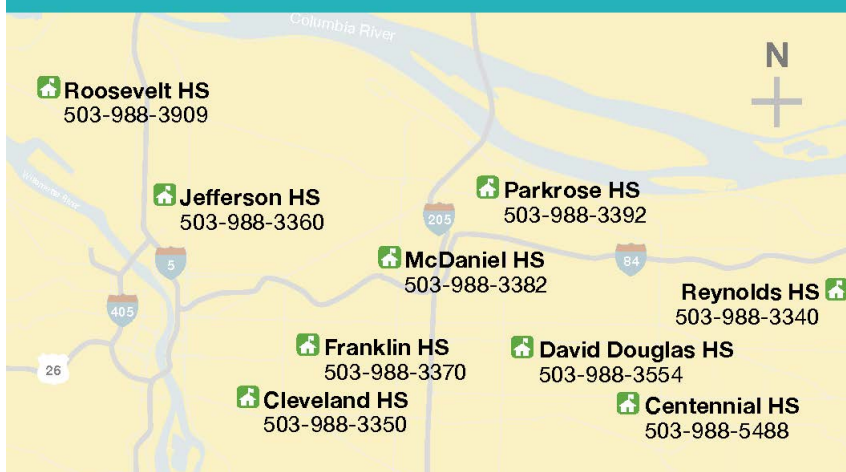
We welcome all Multnomah County students age 5-18, no matter your race, origin, religion, income, gender, sexual orientation, or immigration status.

There are no out-of-pocket costs. We will see you with or without health insurance.

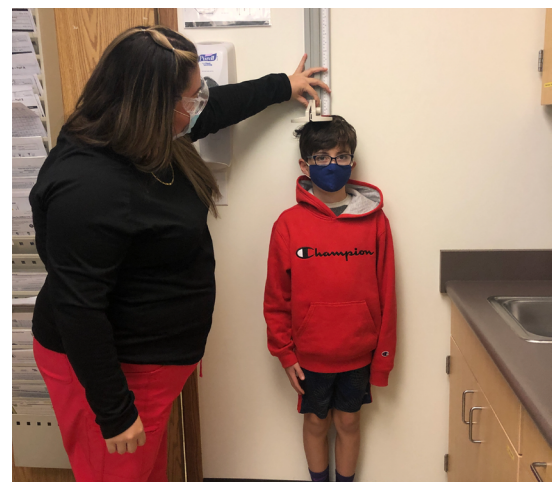
OUR SERVICES

- Regular exams
- Sports physicals
- Illness/injury care
- Immunizations
- COVID-19 testing & vaccines
- Mental health services
- Sexual health services
- Routine lab tests
- Prescription medications
- Vision, dental, and blood pressure screenings
- Health education, counseling, and wellness promotion

Student Health Centers Locations



Call to schedule an appointment



www.multco.us/student-health

